

# MICROMAT 125/135

**AEG**

Microwave Oven

Four à micro-ondes

Apparecchio a microonde

Magnetronoven

Aparato microondas

Operating Instructions

Mode d'emploi

Istruzioni per l'uso

Gebruiksaanwijzing

Instrucciones para el uso

**AUS**  
**ERFAHRUNG**  
**GUT**

## Dear Customer

Thank you for buying a MICROMAT microwave oven and showing trust in the AEG brand name.

Before using the AEG microwave for the first time please read the instruction booklet thoroughly.

It has been written to help you take advantage of all the features that this microwave offers.

In return the MICROMAT will reward you by giving you troublefree operation and also avoids unnecessary service calls.



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**Microwaves –  
what are they?**

Microwaves belong to the family of electromagnetic waves. These waves are able to transmit energy like radio waves. Microwaves are close relatives of the short waves known in radio and TV, being used, not to transmit music and TV pictures, but to cook food.

During the cooking cycle, the microwaves penetrate inside the food. Without any intermediate carrier, they generate heat below the surface by causing the food molecules to vibrate. The heat of friction thus generated propagates through the food, enabling the latter to be defrosted, heated, and cooked.

This is the basic difference between a microwave appliance and conventional cooker. Cookers externally apply heat to the food via heat flux (oven), heat conduction (hob), or heat radiation (grill).

How quickly a microwave oven cooks food depends very strongly on the quantity, quality, and shape of the food.

Since, during microwave cooking, heat is not uniformly generated at all locations, it is important that the food to be heated is stirred or turned when large quantities are being cooked.

Since this cooking method involves generation of heat inside the food itself and not via an intermediate carrier (fat or water), nutrient-conserving cooking is possible.

Vitamins and minerals are retained in the food and not swept away as during conventional cooking.

## Safety instructions

### The golden rules for trouble-free and safe working with a microwave oven

1. **Switch the appliance on only when food has been placed in the cooking space, and only operate it when the turntable is inserted.**
2. Always keep the appliance clean, especially in the vicinity of the door seals and door seal surfaces.
3. **Never damage:**
  - the door
  - the door hinges
  - the door seals and their surfaces
  - the door frame

(e.g. never jam anything between door and frame)

Clean the door seals and their surfaces (also the door frame) with a mild detergent and hot water.

**Note:**

Should the door seals and door seal surfaces be damaged, the appliance should not be operated until it has been repaired by the AEG Service Centre or by an AEG-trained electrician!
4. **Only use suitable ovenware.**
5. When heating liquids, please always additionally place a teaspoon in the container to avoid delayed boiling. But it must not touch the walls.  
During delayed boiling, the boiling temperature is attained without typical steam bubbles rising. Even when the container is only slightly shaken, the liquid may then suddenly vigorously boil over or spurt. Risk of scalding.
6. Food with a "skin" or "peel", such as potatoes, tomatoes, sausages, and the like should be pierced with a fork so that any steam present can escape and the food will not burst.
7. Make sure that a minimum temperature of 70 °C is attained for the cooking/heating of food. This will be achieved if you follow the instructions given in the cooking tables (time/power). Never use a mercury or liquid thermometer for measuring the food temperatures.
8. Babyfood in jars or bottles should basically be heated without a lid or top and well stirred or shaken after heating to ensure uniform distribution of the heat. Before giving your child the babyfood, please check the temperature.
9. Please note that, at high power and time settings, the ovenware heats up. Therefore use protective mittens suitable for handling pots and pans.

### Safety instructions for the user

**Safety  
instructions  
for the user**

10. **Do not leave the appliance to operate unattended if food is to be warmed or cooked in disposable containers made of plastic, paper, or other inflammable materials.**  
Should smoke be observed the oven door must be kept closed and the oven switched off or else disconnected from the power supply.
11. **Never use your microwave oven:**
  - to boil eggs and escargots in their shells, since they will otherwise burst!
  - to heat large quantities of cooking oil (fondue, deep-frying) and drinks containing a high percentage of alcohol (danger of spontaneous combustion!)
  - to heat unopened cans, bottles, etc.
  - to dry animals, textiles, and paper
  - for crockery (porcelain, ceramics, earthenware, etc.) having voids that fill with water and which may cause vapour pressures to build up during microwave cooking. Please follow the respective manufacturer's instructions.
12. **Use your appliance only as instructed** and as indicated in the "Cooking tables". Never overcook your food by excessive times and excessive power settings.  
Specific areas of the food will otherwise dry out and may ignite.
13. Should the power cable fitted to the appliance be damaged, it must be replaced with an identical one. This work may only be carried out by the manufacturer's staff or by qualified electricians who have been trained by the manufacturer.

**AEG electrical appliances comply with all the relevant safety regulations. Never, ever use the microwave oven if it is no longer functioning properly.**

**In order to maintain the safety of your appliance, you may only have repairs, particularly to the live parts of the appliance, carried out by a qualified electrician trained by the manufacturer. In the case of any defect or breakdown you must therefore contact your electrical dealer or our Service Centre direct.**

**If repairs are carried out improperly, the result can be serious danger for the user.**

**The interior lighting in the cooking space can only be replaced by the AEG Service Centre or by an AEG-trained electrician.**

## What's also important:

To familiarise easily and quickly with the operation of the microwave oven, please use the "Cooking Tables" section.

Cooking time depends on the quantity of food. As a guide:

### **Double Quantity = Almost Double Time**

Please refer to the Tables. Initially always select the shorter cooking time. Only when necessary extend the time as required.

Food comes in different qualities and is prepared in different quantities, therefore the times and amounts of energy necessary for **defrosting, heating or cooking** are different.

The standing time referred to in the "Cooking tables" means: Allow the food to stand **without** power i. e. inside or outside the appliance, to ensure that the heat in the food is uniformly distributed.

## **How to cook by time and power**

## **General hints on cooking, heating, and defrosting**

## **Standing time**

## The correct ovenware

### The correct ovenware

Crockery material	Operating modes		
	Defrosting	Heating	Cooking
Glass <sup>1)</sup>	X	X	X
Ceramic	X	X	X
Porcelain <sup>1)</sup>	X	X	X
Earthenware <sup>1)</sup>	X	X	X
Plastic crockery <sup>2)</sup>	X	X	X
Paper cups	X	-	-
Paper plates	X	-	-
Grease-proof paper <sup>5)</sup>	X	X	-
Board <sup>5)</sup>	X	X	-
Aluminium foil <sup>3)</sup>	X	X	X
Aluminium containers, ready meal containers	X	X	X
Metal objects <sup>4)</sup>	-	-	-
Crockery with metal base	-	-	-
Keep-fresh foil	X	-	-
Roasting foil	X	X	X

<sup>1)</sup> But without silver, gold, platinum, or metal base.

<sup>2)</sup> Please note the relevant manufacturer's instructions.

<sup>3)</sup> Please follow the instructions given under "Practical hints on working with microwave appliances".

<sup>4)</sup> For exceptions, see "Golden rules".

<sup>5)</sup> Under prolonged heating, there is a risk of fire!



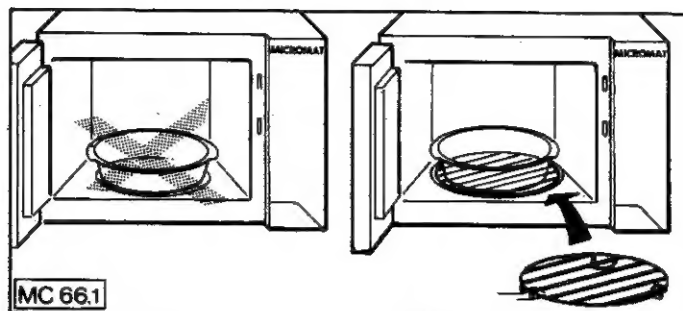
Since, during microwave cooking with short roasting times or with very lean meat, no heavy browning of the food is achieved, special browning skillets and grill plates are obtainable from your electrical retailer.

Browning skillets have a bottom coating which becomes very hot when the skillets are preheated empty. The preheating time for this skillet is variously long and depends on the required degree of browning of the food concerned.

**Caution: When working with browning skillet, the grid (accessory available from the AEG service centre) must absolutely be inserted on the turntable (see illustration)!**

ET-no. 661 917 375 (MICROMAT 125)

ET-no. 661 917 400 (MICROMAT 135)

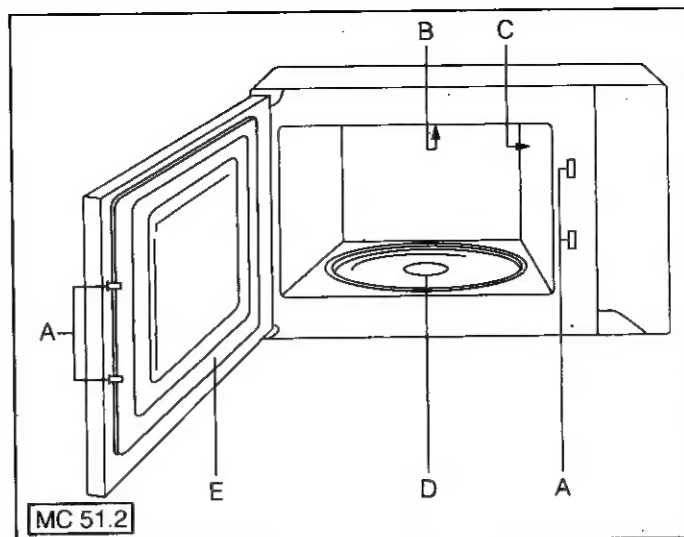


WRONG

RIGHT

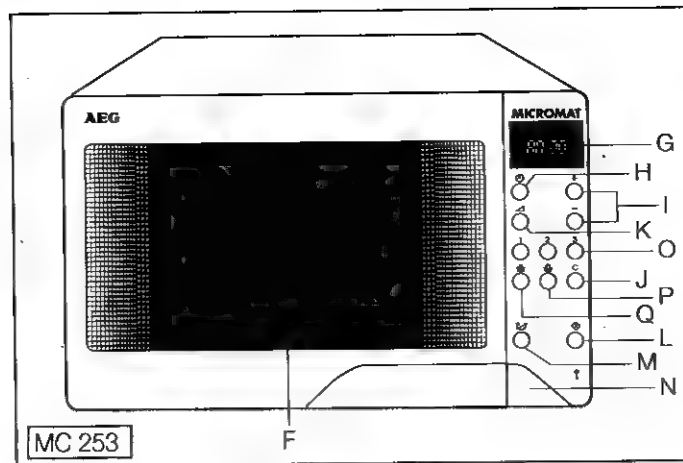
**If this is not observed, the turntable can be damaged during operation or when the door of the appliance is opened!**








## Features



### Features

- A** Door closer and bolt
- B** Wave stirrer cover
- C** Interior lighting
- D** Turntable (**must always be in oven during operation**)
- E** Door seal

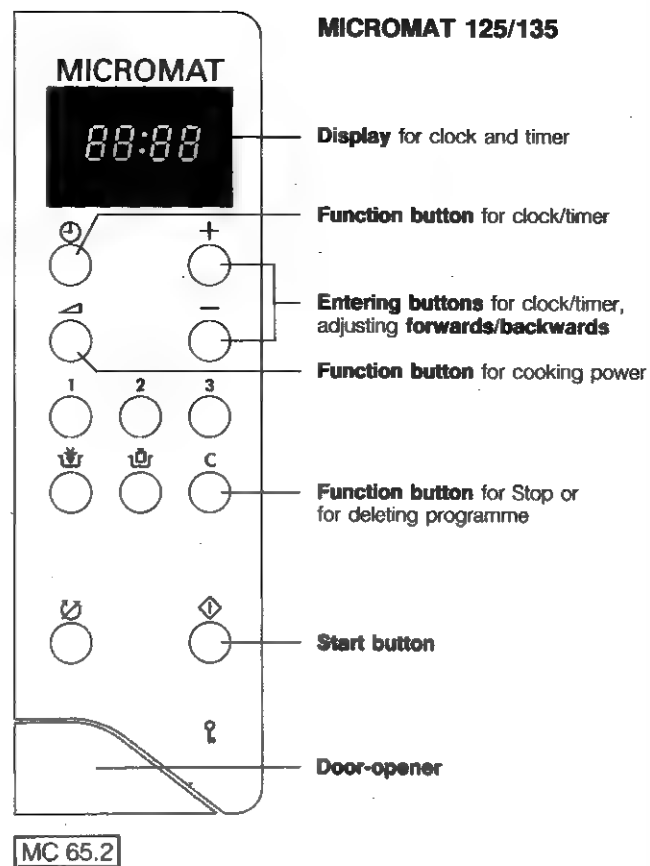


- F** Door with viewing window
- G** Electronic timer
- H** Button for time of day/cooking time 
- I** Buttons for advance and return run
- J** Button **stop** and/or cancel programme
- K** Button for cooking power 
- L** Start button 
- M** Off/On button for turntable 
- N** Door release 
- O** Buttons for programme sequence memory
- P** Button automatic cooking 
- Q** Button automatic defrosting 








## First use

**First use**  
**Time of day/**  
**Short time**

**MICROMAT 125/135**



As soon as you plug my plug into the socket, my **display** flashes.

1. Press **button** **+/-** for setting the hours. Press **button**  and set the minutes using the **+/- buttons**. Then press **button**  again. The appliance is ready to operate!
2. By pressing **button**  twice you can delete the time of day set and enter a new one (as described above under step 1.).
3. Press **button** . Hold the **+/- button** down until the time you wish to set on the timer appears in the **display** (maximum setting 99 minutes).
4. Press **button** , and P 9 appears in the display. If you press the **- button**, P 0 will appear in the display. The short time symbol  starts to flash.
5. Press **start button** . The time you have set appears in the display, counting down in seconds.
6. When the timer has finished running it gives an acoustic signal, which you can switch off by pressing **button** **C**. The time of day appears in the **display**.
7. In general, after wrong entries the **letter E** appears in the display. Correction by pressing **button** **C**. Then you can enter new settings.

## **Set time of day**

## **Hours/ Minutes**

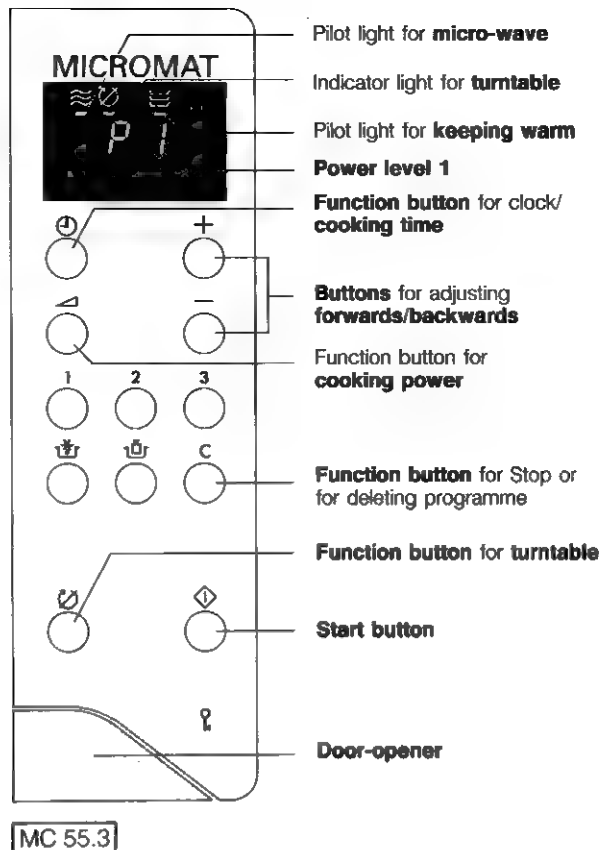
## **Correcting time of day**

## **Timer**

## **Starting the timer**

## **What you should also know**

## Operating Cooking time/ cooking power















**Caution! Only ever use the appliance with the turntable in position and with food to be cooked on it! Never turn on when oven is empty!**

## Cooking time

## Cooking power

1. Press button . The time of day disappears.
2. Set the cooking time required with the **+/-** buttons. This will appear in the display (maximum cooking time up to 99 minutes).
3. Press button , the highest power setting **P 9** will now appear in the display (the light flashes).

4. You can alter the power setting with the +/- buttons, e. g. to P 1 (10).
5. **The turntable rotates while the appliance is in operation. If you have rectangular ovenware which is bigger than the turntable and can cause a jam, switch the turntable off using button . The light for the turntable  comes on in the display.**  
If the turntable is to be switched on or off while the programme is running, the programme must be stopped by using **button C** and **button ** must be pressed afterwards. **The programme can be re-started using start button .**
6. **Press start button .** After you have pressed my start button, the cooking time appears in the display counting down in seconds.  
The **micro-wave operation light comes on** and the **interior lighting switches on**.
7. **For cooking cycles involving a power setting of P:5 or more, the keeping-warm setting turns itself on after the end of the cooking cycle (you will hear the acoustic signal) for 15 minutes. Light  comes on and H:H appears in the display. Afterwards the time of day appears in the display.**  
  
**Caution! If the door  opened during this time, the hotplate setting switches off! (Light  goes out.)**
8. If the door is opened during the cooking cycle (e.g. for stirring), **the cooking time indicator stops. Light  flashes.**  
**When the appliance door has been closed again and start button  pressed, the remaining cooking times automatically resumes running. Light  comes on and stays on.**
9. If you press in my button **C** once you can interrupt all the programmes at once, including the automatic ones (same effect as opening the door).  
If you press it twice, the programme currently run is terminated.
10. The power can be displayed during operation by pressing button .

**Switching  
off turntable**

**Start button**

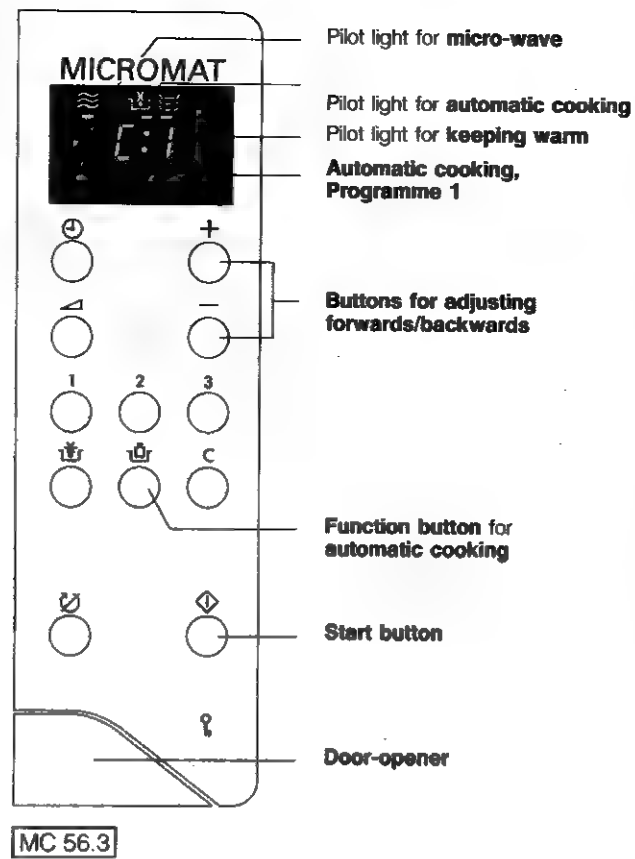
**Keeping-warm  
setting**

**What you  
should  
also know:**

**Opening  
the door  
while cooking**

**What you  
should  
also know:**








# **Operation Automatic cooking**





**You have 8 programmes at your disposal for automatic cooking**

Pro- gramme C	Category of food	Max weight in grammes
C 1	Boiling potatoes	4,000
C 2	Cooking vegetables	3,400
C 3	Cooking fish	3,300
C 4	Frozen vegetables	1,400
C 5	Heating liquids	3,400
C 6	Heating contents of tins	4,000
C 7	Heating refrigerated ready meals	3,700
C 8	Deep frozen ready meals	3,000

1. Press **button** . **C 1** appears in the display and the light  automatic cooking comes on.  
The individual automatic cooking programmes from **C 1** to **C 8** can be called up by **pressing button**  repeatedly.
2. With the **+/- buttons** the weight of the item to be cooked can be entered.
3. Press **start button** .  
**Micro-wave operation light and automatic cooking light come on. The interior lighting switches itself on. The cooking time appears in the display and counts down.**
4. If the door of the appliance is opened during the cooking cycle (e. g. for stirring), the cooking time indicator stops. **Micro-wave operation light flashes.**  
  
**When the door has been closed again and start button**  **pressed, the remaining cooking time automatically resumes running, light**  **comes on and stays on.**
5. The keeping-warm setting turns itself on after the end of the cooking cycle (you will hear the acoustic signal) for 15 minutes. Light  comes on.

**Automatic cooking  
General tips**

**Switching on  
automatic  
cooking**

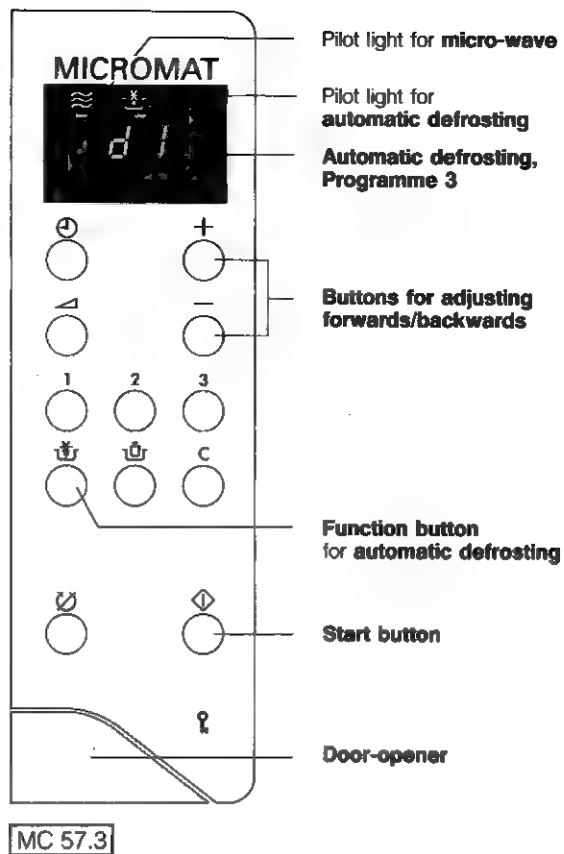
**What you  
should  
also know:**

**Opening  
the door  
while cooking**

**What you  
should  
also know:**






**Keeping-warm  
setting**

## Operation Automatic defrosting



For each of four different types of food you have a special defrosting programme at your disposal. The maximum weight is 4000 g (4 kilos).

Pro-gramme D	Category of food	Max weight in grammes
d 1	Poultry	4000
d 2	Meat	4000
d 3	Fish	4000
d 4	Delicate pastry items (e. g. cream cake)	4000

1. Press **button** . **d 1** appears in the display and the automatic defrosting light comes on.  
The individual automatic defrosting programmes from **d 1** to **d 4** can be called up by pressing button  repeatedly.
2. With the **+/- buttons** the weight of the item to be defrosted can be entered.
3. Press **start button** .  
**Micro-wave operation light and automatic defrosting light 15 come on. The interior lighting switches itself on. The defrosting time appears in the display and counts down.**
4. If the appliance door is opened during the defrosting cycle (e. g. for turning), the defrosting time indicator stops. **Micro-wave operation light flashes.**  
**When the appliance door has been closed again and start button  pressed, the remaining defrosting time automatically resumes running, light  comes on and stays on.**
5. **At the end of the defrosting cycle you will hear the acoustic signal.**  
**The interior lighting switches itself off. Time of day appears again in the display.**

## Automatic defrosting General tips

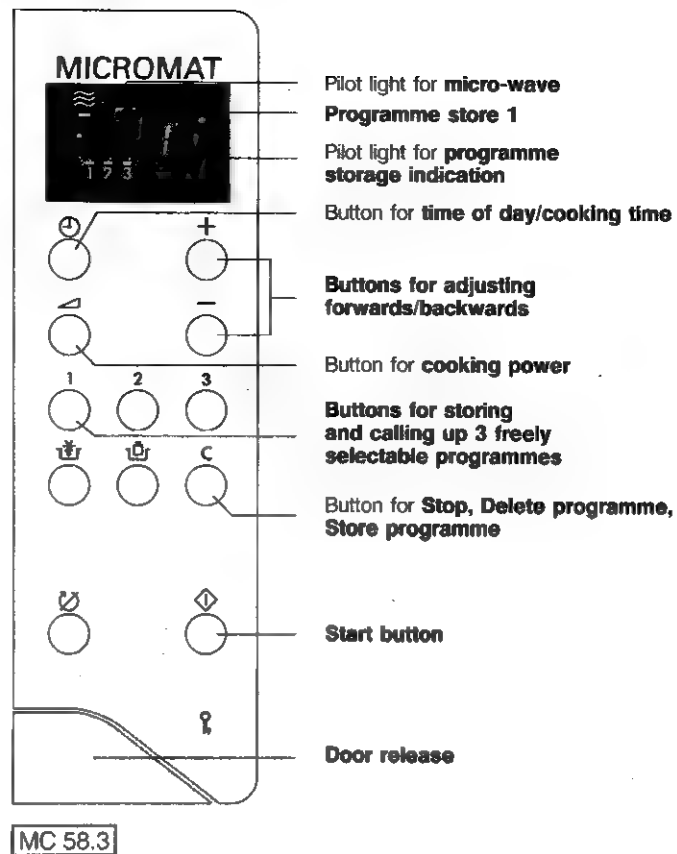
### Switching on automatic defrosting

### What you should also know:

### Opening the door while defrosting




### What you should also know:

## Operation Storing programmes



**With the buttons 1, 2 and 3 you can enter and store three programmes you invent for yourself (time/power).**

This means you can store programmes which are needed particularly often in your household, e. g. warming up a mug of milk, 1 minute at P 9.

1. Press button , set the required cooking time with +/- buttons.
2. Press button . The highest power setting P 9 appears in the display. You can change this setting with the +/- buttons. **The micro-wave operation light flashes.**
3. Press one of the buttons 1, 2 or 3 in order to save a cooking programme. The number of the programme appears in the display.
4. Press button C as well, in order to save your programme. The time of day appears in the display.
5. Press one of the buttons 1, 2 or 3 first the cooking time will appear in the display, e. g. 8:00, then the power setting you have selected, e. g. P 5, the microwave operation light flashes and the programme store light comes on.
6. Press start button . The micro-wave operation light comes on and the cooking time appears in the display, counting down.

The interior lighting is on. At the end of the cycle you will hear the acoustic signal.

The time of day appears again in the display.

7. **Caution:** When storing a new time and power setting in one of the programme storage features, the former data are cancelled!

**General points on storing your own cooking programmes**

**Entering your own cooking programmes**

**Saving your own cooking programme**

**What you should also know:**

**Calling up your own cooking programme**

**What you should also know:**

**Note:**



The following list will show you which power settings in microwave operation enable you to do what:

### Setting 8–9 Maximum power

- to start a cooking sequence, **to bring to the boil, start roasting, stewing, etc.**
- **roasting meat on the browning dish**
- **heating ready meals**
- **defrosting and heating deep-frozen ready meals**

### Setting 6–7

- **warming** tender dishes such as: mushrooms, cheese, snails, mussels, beaten eggs, kidney beans, butter, baby-food in glass jars, chocolate for coating cakes
- cooking fish.

### Setting 3–5

- **simmering** soups, stews, casseroles, noodles (after bringing to the boil on Setting 9)

### Setting 2

- **defrosting** meat, fish, fruit, bread, and cakes
- **soaking** rice and making milk puddings (after bringing to the boil on Setting 9)

### Setting 1

- **warming** cold dishes and drinks, softening butter
- **defrosting** dishes with ■ high fat content, sausage, and cheese
- proving yeasted dough
- defrosting cream and butter
- defrosting cakes with cream or butter icing.

## Practical hints on working with microwave appliances

Wherever possible, cook in a covered container. Only if crust is required or is to be retained should you cook food in uncovered containers. After switching off your appliance, allow the food to stand inside for some minutes (**standing time**).

Refrigerated or frozen foods require a longer cooking time.

Foods containing sauces should be stirred from time to time.

### Meat:

Cook fatty pieces of meat (e. g. pork), game or poultry on a non-metallic grid or inverted saucers. Cook leaner meat types in a browning skillet (special accessory). Turn during the **Cooking period**.

### Vegetables:

Cook vegetables with firm consistency, such as carrots, peas, and cauliflower, with a little water. Cook vegetables with soft consistency, such as mushrooms, peppers, and tomatoes, without liquid.

### Meat:

Place frozen, unpacked meat on an inverted plate in a glass or porcelain container so that the meat juice can drain. Turn during the defrosting period.

When the defrosting period has elapsed, the pieces of meat need a differently long **standing time** depending on consistency.

### Butter, pieces of layer cake, cottage cheese:

Previously remove aluminium foil packaging. Do not fully defrost in the appliance, but leave to adjust outside.

Ready meals in metal packages or plastic containers with metal lids should be heated or defrosted in your microwave oven **only if they are explicitly marked as being suitable for microwave use. Please follow the operating instructions printed on the packages (remove the metal lid and prick the plastic foil).**

**Important: Metal objects must be placed at least 2 cm away from the cooking space walls and door.**

## Cooking:

## Defrosting

## Ready meals

## Micro-wave solo operation

### Heating of refrigerated food and drink

Type/quantity	Remarks/hints:	Power ▲	Time/min. 850 W
<b>Food</b>			
1 glass babyfood (125-250 ml)	Heat glass without lid, stir after warming	5-6	1/2-2
1 convenience meal on plate (350-400 g)	Heat in covered container. Place gravy alongside separately in cup	9	2-3
1 portion meat (around 150 g)	Heat breadcrumbed meat in un- covered container, all other meat portions in covered container	9	1-2
1 portion vegetables or potatoes or rice (around 200 g, each)	Heat in covered container	9	1 1/2-2 1/2
1 cup soup (around 200 ml)	Heat clear soups in uncovered container, thick soups in covered container	9	1-1 1/2
<b>Drinks*</b>			
200 ml milk or babyfood	Stir after warming Check the temperature!	7-8	1/2-1
1 cup/glass water boil (around 180 ml)	Stir in instant coffee or tea after around 1/2 minute when water ceases to boil vigorously	9	1-2
1 cup milk	Heat milk hot enough to drink	9	1/2-1
1 cup coffee (reheat)		9	1/2-1

\* Additionally place teaspoon in container


### Melting of food

Type/quantity	Remarks/hints:	Power ▲	Time/min. 850 W
<b>Melting of food</b>			
Chocolate/toppings (100 g)	Stir from time to time	6-7	2-3
Butter (50 g)	To heat, set 1 min. longer	6-7	1/2-1




## Micro-wave solo operation

### Defrosting

Type/quantity	Remarks/hints:	Power 	Time/ min. 850 W	Standing time (min.)
<b>Meat</b>				
Whole meat (500 g)	Turn once. Cover fatty lean parts with aluminium foil after 1st half of defrosting time	2-3	10-12	10-15
Steaks (per 200 g)	During defrosting time in oven, turn once	2-3	3-4 1/2	5-10
Mixed chopped meat (500 g)	Remove defrost chopped meat after 10 min.	2-3	10-12	5-10 10-15 (750 W)
Goulash (per 500 g)	See chopped meat	2-3	10-12	10-15
<b>Poultry</b>				
Chicken (around 1 kg)	During defrosting time in oven, turn once. Cover legs with aluminium foil after 1st half of defrosting time	2-3	25-30	10-20
Duck (1,5-2 kg)	See above	2-3	25-35	40-60






## Micro-wave solo operation

### Defrosting


Type/quantity	Remarks/hints:	Power 850 W 	Time min. 850 W	Standing time (min.)
<b>Fish</b>				
Whole fish (500 g)	Turn once during defrosting time in oven. Possibly cover fins with aluminium foil	1-2 ✳	10-12	15-20
Shrimps/Crab (250 g)	Stir thoroughly after half defrosting time	1-2 ✳	4- 6	15-20
<b>Dairy produce</b>				
Cottage cheese (500 g)	Divide and stir frozen cottage cheese pieces from time to time	1-2 ✳	18-25	15-20
Butter (250 g)	Previously remove aluminium foil	1	3- 5	15-20
Cheese (250 g)	Only start defrosting of cheese in appliance and allow to defrost in room	1	3- 4	30-60
Cream (200 ml)	Previously remove aluminium lid. Stir occasionally, and whip together with small flakes of ice	1	4- 7	15-20
<b>Fruit</b>				
Strawberries, damsons, cherries, red-currants, apricots, etc. (500 g)	Allow to defrost in covered container. During defrosting time in oven, stir once	1-2 ✳	8-10	10-15
Raspberries (250 g)	See above	1-2 ✳	4- 6	10-15

## Micro-wave solo operation

### Defrosting

Type/quantity	Remarks/hints:	Power 850 W 	Time/ min. 850 W	Stand- ing time (min.)
<b>Bread</b>				
4 breadrolls	During defrosting time in oven, turn once	9*	1-1½	5- 7
Wholemeal bread mixed bread, rye bread per slice (60-80 g)	Defrost individual slices in covered container	1-2 	1½-1½	5- 7
Bread (around 500 g)	Cover cutting surface	1-2	6- 8	10-20
<b>Cakes</b>				
Dry cakes, e. g. shortcrust pastry cakes (around 300 g)	Allow cakes to defrost uncovered on serviette or plate	1-2 	3- 4	5-10
Fruit flans baked on baking sheet (400-450 g)	See above	1-2 	9-12	10-15
1 slice cheesecake or covered apple tart (around 400 g)	See above	1-2 	8-10	10-15
Cream and butter-cream layer cakes (300-400 g)	Only start defrosting of cakes in appliance	1	5- 6	30-60

### Defrosting and heating of frozen convenience foods

Type/quantity	Remarks/hints:	Power 850 W 	Time/ min. 850 W	Stand- ing time (min.)
1 portion meat with gravy (150 g)	Turn or stir from time to time	8-9	3- 5	3-5
1 portion meat with vegetables, garnish (350-450 g)	Stir food once before serving	8-9	8-15	3-5
Pizza, ready-topped (300 g)	Place pizza on browning skillet	9*	3- 5	3-5

\* Preheat browning skillet empty 1½-2 min.

## Micro-wave solo operation

### Cooking fish

Type/quantity	Remarks/hints:	Power ▲	Time/ min. 850 W
Fish fillets (per 500 g)	Cover during cooking	9	7- 9
Whole fish (1000 g)	Cover during cooking: cover flat parts with aluminium foil	1. 9 2. 5-6	4- 5 8-10

### Cooking of vegetables and potatoes

Type	Quantity	Liquid addi- tion	Remarks/hints:*	Power ▲	Time/ min. 850 W
Cauliflower	500 g	1/8 l	Top with butter	9	8-10
Frozen broccoli	300 g	1/8 l	Stalks facing outwards	9	10-12
Mushrooms	250 g	none	Cut into slices	9	4- 5
Frozen fresh peas and carrots	300 g	1/2 cup		9	7- 9
Carrots	250 g	1/2 cup	Cut into cubes or slices	9	8-10
Potatoes	250 g	2-3 teasp.	Peel an quarter	9	4- 5


### Cooking of vegetables

Type	Quantity	Liquid addi- tion	Remarks/hints:*	Power ▲	Time/ min. 850 W
Kohlrabi	250 g	1/2 cup	Cut into spikes or slices	9	7- 8
Red/green peppers	250 g	none	Cut into strips or pieces	9	5- 6
Leeks	250 g	1/2 cup	Cut into rings or pieces	9	5- 6
Frozen Brussels sprouts	300 g	1/2 cup		9	7- 9
Sauerkraut	250 g	1/2 cup		9	8-12

\* Note hints in operating instructions!

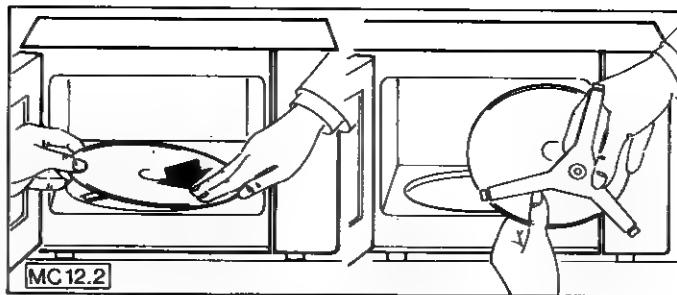
## Micro-wave solo operation

### Roasting of meat and poultry

Type/quantity	Remarks/hints:	Power 	Time/ min. 850 W
<b>Beef</b>			
Roast beef/roast fillet medium (per 500 g)	Use browning skillet. Turn after roasting has started	9	4- 6
Fillet steaks 4 pieces (150-200 g each)	See above	9	2- 4
<b>Pork</b>			
Neck of pork Shoulder of pork (per 750 g)	Turn after 1st setting	1. 9 2. 6-7	6- 8 25-30
Cutlet	See above	1. 9 2. 6-7	5- 6 12-14
<b>Poultry</b>			
Roast chicken parts (per 500 g)	Use browning skillet. Turn once	9	6- 11
Boiled chicken (per 1000 g)	Cook in covered container without liquid	9	10-12

## Cleaning and care

### Cleaning the appliance



Cleaning should only be carried out when the appliance is unplugged from the mains supply.

Use only mild cleaners i. e. washing-up liquid and hot water.

Clean your appliance inside and outside with a soft cloth. Never use abrasive scouring agents.

You can neutralize odours inside the cooking space by boiling a cup of water with a little lemon juice for a few minutes in your oven.

## **If you think your microwave oven is not functioning properly**

Before you ring Customer Service, please check to see if you cannot rectify the fault yourself on the basis of the following tips.

If the micro-wave has ceased to work, check whether:

- the plug is in the socket
- the fuses in the fuse-cupboard are in order
- the door is properly shut
- the start button has been pressed
- the time of day in my display is flashing – if so, set the correct time of day.

If after you have made this check the micro-wave oven still does not work, please telephone AEG Customer Service or your nearest dealer.

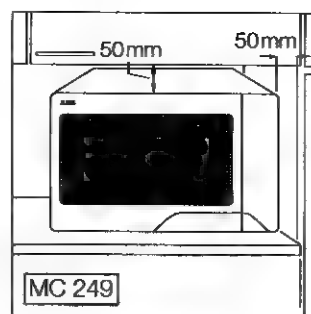
If after you have made these checks the microwave oven still does not work, please telephone AEG Customer Service.

- If you decide to call the Service Centre to help with any of the above instructions or on grounds of faulty operation, the service engineer's visit cannot be made free of charge even during the guarantee period.
- Therefore please take careful note of our instructions on the operation of your microwave oven.
- AEG electrical appliances comply with all the valid safety requirements. Repairs to electrical appliances should only be performed by a trained electrician. Improper repairs may place the user at serious risk.

## Installation/connections

To ensure trouble-free ventilation, an air space of 5 cm around the appliance is necessary.

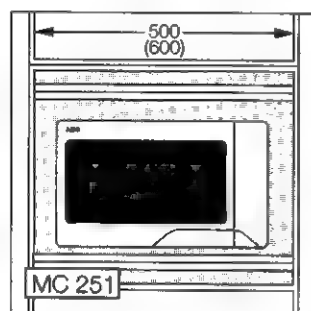
**Connect to a plug socket with protective earth contact and fused with a 10 A-L automatic device or 10 A slow-blowing fuse!**



### Installation/ connections

#### Installing built-in models 125/135 E

To install one of the MICROMAT models 125/135 E in a kitchen cabinet, use the appropriate mounting frame.



**Caution! When installing the MICROMAT model 125 behind a roller door, the door must always be open when the oven is in use.**

**If the door is closed the oven will be damaged and guarantee cover will not apply.**

The oven must be connected by means of a proper Home Office socket and plug, protected with a 10-A-L safety cut-out or a 10 amp slow fuse.

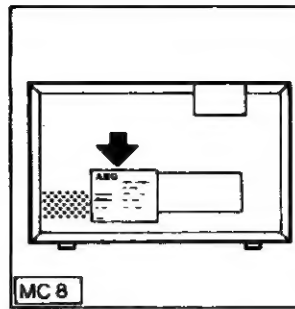
When the oven is installed, there must be a possibility of disconnecting it from the mains with a contact break of at least 3 mm on all poles.

A suitable size of switch, a safety cut-out or a melting or fly-out fuse, are suitable contact-breakers.



## Service centre

If you cannot find any reference to a particular fault in the operating instructions, please contact AEG Service.  
When doing so, quote the E-No. and F-No. of your oven, which you will find on the rating plate (arrow).



Indication of these numbers helps the Service centre to identify the required spare part so that the engineer can repair the oven on his first visit, thus saving you additional costs caused by repeated trips of the service engineer.  
So that these numbers are always at hand, please enter them here.

**E-No.** .....

**F-No.** .....

**Technical  
data****MICROMAT 125**

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Mains voltage:	230 V, 50 Hz
Power input:	1300 W
Output:	
– full power	850 W (measured as in IEC 705: 1988)
– defrosting	180 W
Micro-wave	9
regulation:	(85/130/170/250/425/ 500/600/720/850 W)
Fuse:	10 amp
Electronic timer:	99 minutes

**Table-top model:**

Diameter (height x width x depth) in mm	
Housing:	296 x 496 x 384
Interior:	205 x 315 x 315
Net weight:	17 kilos

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**MICROMAT 135**

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Mains voltage:	230 V, 50 Hz
Power input:	1350 W
Output:	
– full power	850 W (measured as in IEC 705: 1988)
– defrosting	180 W
Micro-wave	9
regulation:	(85/130/170/250/425/ 500/600/720/850 W)
Fuse:	10 amp
Electronic timer:	99 minutes

**Table-top model:**

Diameter (height x width x depth) in mm	
Housing:	348 x 555 x 397
Interior:	245 x 360 x 360
Net weight:	21 kilos

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**CE** This appliance complies with the following EC Directives: 73/23/EEC of 10. 2. 1973 – Low-Voltage Directive. 89/336/EEC of 3. 5. 1989 (incl. Amendment Directive 92/31/EEC) – EMC (Electromagnetic Compatibility) Directive.

<b>DIN Nr. 44 566 Part 2</b>	<b>Out- put</b>	<b>Time minutes</b>	<b>Stand time minutes</b>	<b>Comments Turntable in operation</b>
Defrost Chicken	2	25-35	20	turn halfway through cooking
Defrost Minced beef	2	14-20	10	remove all defrosted meat after 10 minutes
Defrost Raspberries	2	8-12	10	cover
Defrost and reheat Goulasch	6	18-24	5	cover
Defrost spinach	6	18-24	5	cover
Defrost and cook fish fillet	9	10-12	3	cover. Halfway thorough cooking turn fillets so that inner edges face outwards
Defrost and cook Peas	6	8-12	5	cover. Stir halfway through cooking
Reheat Lentil Soup	8	10-14	5	cover. Stir halfway through heating
Cook Meatloaf	6	23-28	5	cover
Cook Chicken	6	20-30	5	turn halfway through cooking

<b>ICE 705</b>	<b>Out- put</b>	<b>Time minutes</b>	<b>Stand time minutes</b>	<b>Comments Turntable in operation</b>
Cook Fatless Sponge (Test B)	5	8-12	5	cook uncovered
Cook Meatloaf (Test C)	8	15-20	5	cover with foil. Where required remove shelf supports
Defrost Minced Beef	2	14-18	10	defrost uncovered
Reheat Lasagne 300 g (chilled food)	9	3-5		see cooking instructions on packet

# **Test procedure Procedures for Test Recipes**

**Microwave  
output 850 w**

# AEG

**AUS**  
**ERFAHRUNG**  
**GUT**

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